

From the office of Siobhan Heafield
Regional Chief Nurse – Midlands

To: All Health workers

Cardinal Square – 4th Floor
10 Nottingham Road
Derby
DE1 3QT

T: 07702 417495
E: siobhanheafield@nhs.net

16 September 2021

Dear colleagues,

Guidance around self-isolation and healthcare

On 16 August 2021, the guidance around self-isolation following exposure to or contact with a COVID-19 positive person changed for those people who are double vaccinated. Please be aware that the advice to healthcare is different to the advice to the general public because of the vulnerabilities of the patients we interact with. We are aware that this difference has caused some confusion so please see below a brief overview of the current position:

Double vaccinated staff:

- Household contacts (including people who you have been sharing any accommodation with) should NOT return to work and must complete the full isolation period.
- Non-household contacts there is no requirement to self-isolate however you will need to comply with the following instructions:
 - o Do not attend work if you have any symptoms of COVID-19, even if these symptoms are mild.
 - o Have a negative PCR test before return to work.
 - o Complete daily lateral flow tests for 10 days following last contact with the case and report these results through the portal.
 - o If you have a positive lateral flow test do not come to work, arrange for a PCR test and isolate.
 - o Comply with infection prevention and control precautions, including PPE and social distancing.
 - o If you are working with highly vulnerable patients a risk assessment is required and consideration should be given to redeployment.

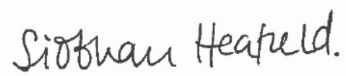


Unvaccinated or partially vaccinated staff:

- If you are notified as a contact - you must self-isolate.

We have previously developed a tool for staff that will help them to determine whether or not they are eligible to return to work and this is still valid – the link is here: [Staff Self Isolation Exemption Eligibility Tool](#)

Yours sincerely

A handwritten signature in black ink that reads "Siobhan Heafield." The signature is written in a cursive, slightly slanted style.

Siobhan Heafield
Regional Chief Nurse, Midlands
NHS England and NHS Improvement